

# Endurance Resistance Total Body Workout

## Warm-Up — :30 each, 2 rounds

Plank Shoulder Taps

Anterior Reach

Deep Squat Progression

## Cardio 6 minutes

## Resistance Set 1 — 3-4 rounds

DB Bench Press — 10-15 reps

Single Leg Deadlift — 8-10 reps each leg

DB Bicep Curls — 10-15 reps

## Cardio 6 minutes

## Resistance Set 2 — 3-4 rounds

DB Alternating Overhead Press — 10-15 reps each arm

DB Goblet Squats — 10-15 reps

DB Bent Over Row — 10-15 reps each arm

## Cardio 6 minutes

## Training Tips

- Set distance goals or complete high intensity intervals to increase the intensity of the cardio sets.
- Set an 8-10 minute timer for the resistance set and complete as many quality sets as possible.



# Exercise Reference Guide

Exercise	Description
<b>Plank Shoulder Taps</b>	<p>Start in a high plank with hands under shoulders and feet slightly wider than hip-width. Keeping hips level and core braced, lift one hand to tap the opposite shoulder. Lower with control and alternate sides.</p> <p>Focus on minimizing hip sway and maintaining a strong, stable plank position throughout.</p>
<b>Anterior Reach</b>	<p>Stand on one leg and hinge at the hips as the opposite leg extends straight back. Reach both arms forward while keeping your back flat and hips square. Return to standing with control, then repeat before switching sides.</p> <p>Modify by lightly tapping the back toe down for balance.</p>
<b>Deep Squat Progression</b>	<p>Start standing tall. Reach for your toes, drop hips into a deep squat position with elbows pushing knees out, reach hand straight out from chest, stand up tall.</p>
<b>Bench Press</b>	<p>Lie on bench, feet flat. Grip bar/dumbbells just wider than shoulders. Lower to chest with elbows at 45°, press up strong, arms locked out.</p>
<b>Single Leg Deadlift</b>	<p>Stand on one leg holding a dumbbell in the opposite hand. Hinge at the hips as the free leg extends straight back, keeping your back flat and hips square. Lower the weight toward the floor while maintaining balance, then drive through the standing heel to return to upright.</p>

# Exercise Reference Guide

Exercise	Description
<b>Bicep Curl</b>	Stand tall holding a dumbbell in each hand with palms facing forward. Keeping elbows close to your sides, curl the weights toward your shoulders. Lower slowly with control until arms are fully extended.
<b>Alternating Overhead Press</b>	Stand tall holding a dumbbell in each hand at shoulder height, palms in a neutral position. Press one dumbbell overhead while keeping your core braced and ribs down. Lower with control and repeat on the opposite arm.
<b>Goblet Squat</b>	Hold a dumbbell vertically at chest height with both hands. Stand with feet about shoulder-width apart and toes slightly turned out. Lower into a squat by sitting your hips back and down while keeping your chest tall and heels grounded. Drive through your heels to return to standing.
<b>Bent Over Row</b>	Place one knee and the same-side hand on a bench for support, with the opposite foot planted firmly on the floor. Hold a dumbbell in the free hand, arm extended toward the floor. Pull the dumbbell up toward your hip or ribcage, squeezing your shoulder blade at the top. Lower with control and repeat before switching sides.

